



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 19103, Candies, fudge, vanilla, prepared-from-recipe

Report Date: June 26, 2017 17:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	10.85	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Energy	kcal	383	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Energy	kJ	1602	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	1.05	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Total lipid (fat)	g	5.45	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Ash	g	0.34	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Carbohydrate, by difference	g	82.15	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Sugars, total	g	79.77	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
<strong>Minerals</strong>													
Calcium, Ca	mg	38	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Iron, Fe	mg	0.02	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Magnesium, Mg	mg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Phosphorus, P	mg	30	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Potassium, K	mg	49	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Sodium, Na	mg	47	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	0.15	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Copper, Cu	mg	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Manganese, Mn	mg	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Selenium, Se	µg	1.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Thiamin	mg	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Riboflavin	mg	0.074	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Niacin	mg	0.038	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Pantothenic acid	mg	0.119	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-6	mg	0.009	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Folate, total	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
Folate, food	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Folate, DFE	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Choline, total	mg	5.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12	µg	0.08	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin A, RAE	µg	46	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Retinol	µg	45	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin A, IU	IU	168	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.14	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
<b>Lipids</b>													
Fatty acids, total saturated	g	3.382	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
4:0	g	0.199	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
6:0	g	0.133	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
8:0	g	0.088	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
10:0	g	0.161	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
12:0	g	0.165	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
13:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
14:0	g	0.498	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
16:0	g	1.441	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
17:0	g	0.031	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:0	g	0.659	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
20:0	g	0.007	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
22:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
24:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Fatty acids, total monounsaturated	g	1.399	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
14:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
16:1 undifferentiated	g	0.052	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:1 undifferentiated	g	1.341	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
20:1	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
Fatty acids, total polyunsaturated	g	0.227	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:2 undifferentiated	g	0.186	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:3 undifferentiated	g	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
Fatty acids, total trans	g	0.179	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Cholesterol	mg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
<b>Amino Acids</b>													
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2007
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002